



301-952-1111 | 973-498-6955 (fax) | www.pilatespluscenter.com

## Continuing Education Workshops

Workshop Description	Date	Cost
<p><b>Energy Healing</b></p> <p>We introduce you to the amazing world of energy healing. Every individual is a latticework of energies. These energies shape the way you feel, the way you think, and the way you live. Learning to tap these energies can bring renewed stamina to a tired body, fresh vitality to a weary mind, and a new bounce to a sagging spirit. You will learn to be aware of this energy within and discover simple techniques to balance your body's energies for optimal health, joy, and vitality. The instructor is a certified Energy Medicine Practitioner. She is also certified Reiki/Qigong practitioner.</p>	2/24 4-6PM	\$35
<p><b>12 Steps to Better Health</b></p> <p>Health is a journey, not a destination. It's all about taking small attainable steps and enjoying the process. We will show you the process for picking <u>one step</u> for improvement—then, you choose when to tackle the next! You don't need to follow the steps in any particular order. Trust your instincts and know that each change you make has a <u>tremendous impact</u> on your present and your future.</p>	3/17 11AM	FREE
<p><b>Self-Defense Class with Master John Baylor</b></p> <p>Master Baylor will be conducting a Women's Self-Defense Class—you asked and we listened; now it's here! Master Baylor will teach you how to become more aware of your surroundings and to trust your instincts. The ultimate goal of Self-Defense is survival. Master Baylor's unique martial arts background will leave you with self-confidence and self-awareness in everyday life. Please tell your mothers, sisters, and daughters about this class. Slots are limited and we can only host 10 students.</p>	3/25 4-5:30PM	\$30
<p><b>Group Hypnosis for Weight Loss Series</b></p> <p>Learn how hypnosis can help you shed excess weight!! Manage your weight through hypnosis. The hypnotic state can be an effective way to bring lasting change in your life. In this class, certified hypnotist, Kendrick Weaver will help you address the factors sabotaging your success in the weight loss battle. You will discover the power of hypnosis in a supportive group environment.</p>	4/6,13, 20 7:30-8:45PM	\$150
<p><b>Spring Liver Detox</b></p> <p><b>Weight Loss and Detoxification with Natural Foods</b></p> <p>This program is designed to motivate you in your process of REJUVINATION. We'll guide you through a 10-day detoxification process using natural foods. You will receive a Detox guide, shopping lists, recipes and samples, and whole-food supplements (if you choose). This imple program reduces profound results. We will guide you through process of creating healthy NEW eating habits --<u>many participants report weight loss and improved health after just 5-days</u>. Your program includes a 60-minute session on our BIOMAT, which will facilitate the detoxification process and warm you from the inside out! Become the HEALTHIEST YOU NOW!. Cost for program is \$145. \$10 off for returning detoxers.</p>	4/28 and 5/5 12-3PM	\$145
<p><b>P.R.O.V.E. Method for Healthy Eating</b></p> <p>We want to P.R.O.V.E. to you that anyone can eat healthier, be healthier, and EVOLVE! You will memorize this method so it becomes habit and you will always have it with you. The goal is to move you from where you are and to get you to <u>INSPIRE other people to eat healthy!</u> Many graduates of this FREE workshop have moved on to our Liver Detox program. Make 2018 Great!</p>	5/18 7PM	FREE
<p><b>Electric Food Culinary Event</b></p> <p>This workshop will celebrate foods that promote live enzyme nourishment and educate participants about soil health. Foods that are electric are plant-based and are exposed to low-heat temperatures in their preparation. These foods provide high amounts of "live enzymes" which are known to rebuild healthy blood cells, bone tissue, and efficient organ functioning. Get ELECTRIC with us!</p>	6/2 6-9PM	\$60

MEET YOUR PRESENTERS ON THE BACK!



14400 Old Mill Road, Suite 201 | Upper Marlboro, Maryland 20772



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## Pilates Plus Workshop Presenters



**Sandra Wiseman,  
Energy Enthusiast**

Sandra Wiseman has been involved in alternative forms of healing since the early 70s. After attending many workshops and retreats for Ayurvedic healing during the 70s and 80s, it became clear every person has untapped power within themselves to restore their health. Though these alternative forms of healing were available at that time, one had to search to find them. Through multiple synchronicities, her quest for personal wellness led her in the 90s to her first introduction to energy medicine, to forms of Chinese healing techniques, and most recently to Donna Eden. Donna has taught some 50,000 people worldwide, both laypeople and professionals, how to understand the body as an energy system. Sandra was fortunate to attend a workshop this past January with Donna Eden in Costa Rica.



**Susan Spangler, Raw Chef  
Owner Pilates Plus  
Wellness Center**

Susan is a Pilates Method Alliance (PMA) Nationally Certified Instructor and a PMA business member. She is a Level III Comprehensive Peak Pilates Instructor. Susan completed the Certified Christian Yoga Teacher Training (CCYT) with Yahweh Yoga in Chandler Arizona in 2011 and completed her (RYT) Registered Yoga Teacher certification. Susan attended Balanced Body Yoga Therapy Training in Spring 2010. Ms. Spangler holds a certification in the Diet Directives nutrition program and is a Level II Raw Chef certified under Alyssa Cohen. Susan is currently studying with The Institute of Integrative Health and will graduate 2019 with certification as a Health Coach. Susan gained her certification as a Consulting Hypnotist and is a member in good standing in the National Guild of Hypnotists. Under the purview of Pro-Skills Plus, Ms. Spangler is a professional skills trainer and consultant delivering training programs and consulting with business, industry and government. She specializes in Stress Management and Customer Service.



**Master John Baylor  
Tai Chi, Martial Arts**

John W Baylor Sr. began his martial arts training in 1973 and received his first black belt in 1976. In 1985 he joined the Shaolin Temple Boxing Association to study Yang style tai chi and Shaolin Long Fist with Sifu Michael Barry and John Johnson. John has 36 years experience teaching Tang Soo Do, Self Defense, and Tai Chi. Continuing education has been: Silk Reeling (Chen), Six Healing sounds, Bagua Qigong, Straight Sword, Tai Chi -Kung Fu fan, Liu He Ba Fa. John was inducted into the World Martial Arts Hall of Fame - June 1998 as Master Instructor of the Year. He is the owner and master instructor at Upper Marlboro Martial Arts and Wellness Center for the past 15 years. We are lucky to have his amazing talent on staff!



**Terrance Murphy, Chef**

Chef Terrance is a classically trained from the Art Institute Culinary School. He's worked in and run kitchens from "Café Green" vegan restaurant, Celebrity Chef Isabella's "Graffiato", Executive Chef at the Virginia Theological Seminary, and other reputable kitchens. His cuisine emphasis is local seasonal ingredients which he celebrates by hosting collaborative cooking demos with local agricultural organizations including, Accokeek Foundation, Taste of Southern Maryland, Centro Ashe Apothecary amongst others. He also operates and owns We'll Juice Mobile; a live organic juicing service hosted by Pilates Plus Wellness Center. Your taste-buds will be thoroughly thrilled by his no- frills, ingredient first approach to cooking.

